Clinical PRN

Foot Drop

Foot Drop – What is it?

The Medical Condition of Foot Drop – Specific muscles in the leg are responsible for moving the foot in an upward direction towards the head. When these muscles fail to receive the signal from the responsible nerve, the muscles no longer function. The foot then rests naturally pointed in a downward direction. This happens even though the calf muscle or ankle joint has normal motion.

The Position of Foot Drop – The normal, relaxed position of the ankle is with the foot in a downward position, away from the body. This position is commonly referred to as Foot Drop and is most evident when lying in bed. When the foot/ankle is in this position for an extended period of time, the calf muscle and/or Achilles tendon group can shorten and/or develop scar tissue. Permanent tightness can occur and affect ankle mobility.

Impact

People with the medical condition of foot drop or those who maintain the position of Foot Drop for an extended period of time are at the greatest risk for developing a **plantarflexion contracture.**

Plantarflexion Contracture

A plantarflexion contracture can develop when the tightness in the calf muscles or tendon becomes permanent. This permanent tightening will not allow the ankle to return to the neutral (90°) position, even with attempts to stretch the ankle. This loss of ankle mobility will impair balance and stability in activities such as transfers, standing, or walking.

Foot Drop Management

Managing **Foot Drop** can be complex. It is important to recognize that early identification of these conditions, **implementation of appropriate devices**, and collaboration with Physical Therapy can positively impact the quality of life for the patient and achieve improved outcomes by maximizing function.

EHOB Solution: TruVue Heel Protector with anti-foot drop straps or the FootHold with Splint.